

New Bernal Journal

August/September 1997

Serving the Bernal Heights Neighborhood of San Francisco

Volume 34 • Number 4

Bernal Dwellings: A View From the Families Who Lived There

by Helen Helfer,
Bernal Heights Neighborhood Center

I caught up with Sharon Adams, President of the Bernal Dwellings Tenants Association, Angela Porter, Vice-President, and their consultant Malik Rahim at one of their recent meetings.

Now that the Dwellings are being demolished by the Housing Authority, I wanted to again hear what it was like for them to live there, and what they thought of the surrounding neighborhood.

First, Ms. Porter: "I moved into Bernal Dwellings November 1st, 1991. I always



Angela Porter, Malik Rahim, Lavina Johnson, Sharon Adams and Michelle Dow at 1996 Health Fair. (Photos by Helen Helfer)

lived on the second floor of the high-rise facing the courtyard. It was not all bad. We had some good neighbors, and I liked the convenience of living there. We had good transportation and nearby stores. Although I don't have children, we were close to a school and swimming pool. Most of the people I associated with at Bernal were very nice. It could have been cleaner, of course, but one has a tendency to adapt. I enjoyed the earlier years better than the last. We'd have midnight barbecues: planned spontaneously and enjoyed by many.

As the buildings got empty towards the end (and I was one of the last to leave), the buildings got scary. I never understood why the Housing Authority hired security *after* we left, and not before. It was very unpleasant to be there. I wish they could have handled things better during the move. My medical doctor is in Solano County, but I still have to be here because of my mother's health problems. So that leaves me without a physician. -I was frightened of not finding a place. It was like the people in charge really didn't care - it was like "just get out." If you didn't put your foot down, you felt you had to take whatever was offered - but if you did put your foot down, you were considered a nuisance, and got on their nerves.

Now everything is all up in the air. You just don't know how long Section 8 is going to last - and without it, I simply can't afford to live in the city... The Housing Authority was more concerned with just getting residents off of their property. That's how they made me feel - it wasn't like they were doing something for me. I do want to move back to Bernal. I figure lived there in the bad times, I should be able to live there in the good times.

Ms. Adams: "I've been at Bernal since June of 1993, living on the first floor of the high-rise. It's been friendly at times and bad at times... Since the move of Bernal tenants, I've been placed in four hotels, and I'm at my Mom's place now waiting for a move in August. Dealing with the Housing Authority has been very upsetting...at times (it) makes you want to cry. Being the mother of three, they know how hard it is to get from one place or meeting to another. They don't offer any transportation, bus passes, or even a ride.

The good times were the Health Fair, 4th of July Picnics, trips to Great America and Marine World with the kids...seeing the children happy having gone places they've never been before. Bad times were seeing the Tutorial Program and library close. It was very sad, not having those programs - not having the kids being taught things about nature, how to grow plants.

I'm moving into a co-op with my own Section 8, and very undecided about moving back to Bernal. It was very convenient, with shopping and schools nearby - and close to two hospitals - walking dis

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Precita Park Takes Glorious Shape

by Demece Garepis

Tractors, land graders, and gardeners are busy constructing an accessible, safe, and beautiful park in Bernal Heights. Located between Folsom and Alabama on Precita, Precita Park is a great playful meeting place for neighbors, schoolkids, and dogs. Yet this park has never been renovated. Until now, thanks to neighbor activists from Precita Valley Neighbors and the Bernal Heights Neighborhood Center.

The renovation plan calls for a totally new look to the park that includes more places to sit and watch the world go by. A curved garden area with wide steps and more benches will provide a wonderful informal gathering place for everyone who visits the park. A drought resistant Mediterranean plant garden will decorate the entrance. The disability accessible walkway along the north end of the park will extend from the Folsom street entrance to the Harrison Street walkway. It is curved and a delight to walk under the trees. Bordering the north end of the park will be 12 lovely antique lights in the style of the lighting along Folsom street side of the park. This will also better light the Children's Playground.

Neighbors have worked out this lovely and safe design for over eight years and have attended funding hearings at the Open Space Committee. While construction is underway, many details still need to be ironed out, so a completion date is projected sometime in the early fall.

"It's been very enjoyable to work with so many active residents around Precita Park to design a park that fits everyone's needs," comments John Thomas, chief landscape architect for the Department of Park and Rec.

This lush, colorful design coordinates the West End Renovation with the Precita Park Children's Playground Renovation, at the east end of Precita Park.

We look forward to continuing our community revitalization with Bernal Dwellings tenants, whose support helped win funding for the renovations at Precita Park.

Come visit Precita Park on Sunday August 17th at 2pm for the San Francisco Mime Troupe's newest play. A memorial bench is being funded by the community to honor the Sylvia Hernandez and Carlos Menendez, the youths slain two years ago in the park.

For more information or to contribute to the memorial bench, call Gary Richmond, Precita Valley Neighbors, call at 641-0115 or email at Precitavn@aol.com.

Dwellings Come Down, July 1997
(Photo by Joe Kish)



Hillwide Garage Sale Saturday, August 9

New Bernal Journal Staff

Bernal Heights will be a garage sale lovers dream on Saturday, August 9, as the neighborhood brings out their second hand treasures for the Bernal Heights Hillwide Garage Sale from 9:00 am to 5:00 pm.

Garage Sale locations throughout the Hill can be identified with a Hillwide map, produced by the Bernal Heights Neighborhood Center, the non-profit community service organization hosting this fundraising event.

Colorful collectibles, good books, garden tools, surplus furniture, funky clothes, outgrown toys and other assorted good stuff will line the hills of sunny Bernal Heights. Bargain hunters will also enjoy exploring Bernal Heights' hilly, charming streets and friendly neighbors, as well as discover the village-like atmosphere of Cortland Avenue.

The Hillwide Garage Sale is a community fundraiser to benefit Bernal Heights Senior Services, which provides social, nutritional and recreational services and programs to over 450 frail, low income and minority senior citizens in Bernal Heights.

Free maps to the sale are available for pick up at the Bernal Heights Neighborhood Center at 515 Cortland Avenue, the Bernal Heights Branch Library at 500 Cortland Avenue and at all the Garage Sale sites throughout the Hill. For more information about the Bernal Heights Hillwide Garage Sale, call (415) 206-2145.

Precita Street Action Committee Fights for Safer Street

by Demece Garepis

Faster traffic has caused a serious accident every two weeks on Precita Street between Folsom and Mission. Drivers take this shortcut to Mission Street, often in a hurry, paying little attention to the curves in the road or the kids playing in the street.

"I'm raising my kids here, I don't want them to be killed here," fumes one angry father of two Precita Street kids.

Neighbors who have never been active in civic improvements before say enough is enough. The Precita Street Action Committee has met weekly to distribute petitions and appeal to the traffic authorities. The Precita Street Action Committee is working in concert with the other groups with Bernal street traffic planning concerns coming to the attention of the supervisors.

For more information, email Margie Wylie at margiew@cnet.com, or call Margie or Charlie Wylie at 647-5252.

Bernal Garden Group

The Bernal Heights Garden Group has continued to meet since its inception last winter. Each month we have visited a different garden, as well as met to discuss gardening as well as exchange plants, seeds, and helpful advice for gardening on the Hill. We have had invited "experts", most recently Gary Bernhardt, who writes for *New Bernal Journal*, and Mike Boss from Rock & Rose Landscaping.

It's been great to meet other Bernal gardeners and see what they're up to. We welcome new members. We meet the second Saturday of each month, from 3 pm to 5 pm. Anyone interested should call 826-0236 for more information.

Bernal Heights Hillwide Garage Sale Map



your guide to
a mountain
of treasures
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the people of Bernal Heights with community news,
ideas, issues and events that support the center's mis-
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Heights and improve the economic condition of low
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New Bernal Journal is distributed door to door, free
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contributors and not necessarily those of New Bernal
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Question: I have heard of
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Do I need to go to the trouble
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veterinarian in order to con-
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now available in feed and pet supply
stores. But, best of all, these products are
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Bernie: Fleas can cause a variety of dis-
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Fleas can cause plague in dogs, cats and
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Tapeworm can result from fleas in both
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Community Congress Follow-Up

by Mauricio Vela

With the impacts of Welfare and
Immigration Reform soon to be upon us,
this year's Bernal Heights Community
congress was right on target. Over one
hundred Bernal Heights residents showed
up to listen, ask questions and discuss the
merits, impacts, and challenges of Welfare
and Immigration reform and how these
reforms will negatively impact Bernal
Heights. On hand from City Hall were
Will Lightbourne, Director of the Dept. of
Human Services, David Ishida, Director
of the Commission On the Aging, and Jeff
Mori, Director of the Mayor's Office of
Children, Youth and Their Families, as
well as Bevan Duffty, Director of
Neighborhood Services, and Rebecca
Prozan, our Bernal Heights liaison.

Neighbors also had the opportunity to
vote on the merger of the Bernal Heights
Neighborhood Center and Housing
Corporation and elect the new board of
the merged organization.

The 1997 BHNC board officers and
members are:

Demece Garepis, President
Robin Synderman V.P.
Paul Sussman, Treasurer
David Shaw, Secretary
Buck Bagot
Julius Crane
Fay Farrar
Alan Fisher
Alice Gilbeaux
Chad Hamilton
Nelli Palma
David Rogers
Diane Ross
Carren Shagley

Neighbors also had the opportunity to
participate in break out groups around
Housing, Children & Families, Youth,
Seniors, and Organizing and Advocacy to
discuss the legislative impacts and brain
storm around possible strategies to
address the situation. Everyone was invit-
ed to participate in a community barbecue
at the conclusion of the day's activities.
Ingleside Police officers were on hand to
participate in a basketball game against
local youth as part of the station's ongoing
efforts to improve relations with youth.

Neighbors agreed to begin to build a
safety net for at-risk Bernal children,
youth, seniors and their families. Resi-
dents who attended the Congress were
asked to complete a Community Assets
and Needs Inventory to self identi-
fy themselves as community volunteers.
During the month of July the inventories
were data based in order to facilitate refer-
rals to Bernal institutions during the
month of August. Simultaneously Bernal
institutions were surveyed to identify their
volunteer needs and opportunity. During
the months of August and September
attempts will be made to match these vol-
unteers with Bernal institutions to provide
assistant to at-risk individuals and fami-
lies.

Residents are still needed as we take on
the enormous challenge. Individuals with
skills and time are encourage to volunteer
in their community. People who may not
have time are encourage to contribute
financial support to make the project a
reality.

Impacts of Welfare and Immigration
Reform are scheduled to begin to take
place August 1st. Thousands of San
Franciscans will be impacted and Bernal
Heights needs to contribute to the support
of at-risk families, through jobs, child-
care, academic and other community sup-
port, and through networking of existing
resources in Bernal.

To get involved in the project, attend the
next Congress Follow-Up meeting sched-
uled for Tuesday, August 5, at 7:00 pm, or
contact Mauricio Vela at 415/206-2140.

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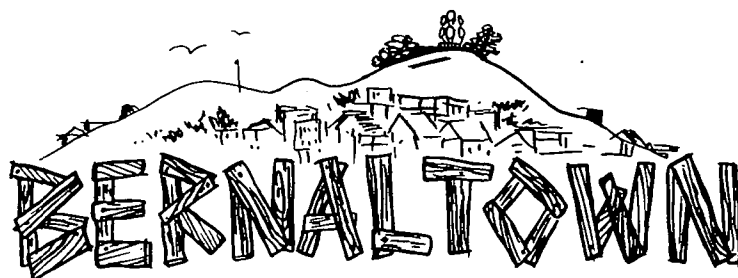
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In Memoriam: Cortland Pizza Maestro Will Be Missed



More frequently than not, changes along Cortland Ave. seem to slide along with glacial slowness. Yet at times there arise the undeniable jolts and hard evidence of life's immutable process. It is with sadness that I report the death of a fellow merchant and good friend to the neighborhood. John R. Athens of Pizza Express (pictured above, with Ramish). He will be remembered for his good will and generosity toward our causes. Although his broken English was at times hard to understand, he told grand stories of his long and eventful life as a Greek patriot during WWII and his subsequent emigration and assimilation into America and our own immediate community. We will miss his presence.

Fortunately the tradition of his friendly food service and top notch pizza pies will endure under the direction of his wife, Catherine, Ramish and the original kitchen staff.

- David Rogers

New Pastor at St. Kevin's Cleans House

by Joe Kish

It has been nearly four weeks since Fr. Clifford A. Martin arrived in Bernal to assume his new role as Pastor of St. Kevin's Parish. While the community of St. Kevin's has a reputation for both accommodation and compassion, the jury remains out on the Father and his "liturgically correct" manner of religious practice.

Fr. Martin was raised in Bernal Heights, on Manchester Street, on the North Slope. He began his Seminary education when he was fourteen and graduated college at St. Mary's in Mountain View. He holds a Master's degree in Theology and has served at a number of parishes in the Diocese.

St. Kevin's was not his first choice of parish. He is here under a personal appointment of the Bishop. Parish pastors are contracted for a full six year term.

Fr. Martin kept busy his first couple weeks literally cleaning House. "I sat down at the confessional...it was so dirty I had to change my pants." Apparently his predecessor, Father Joe Walsh, did not place much emphasis on domestic chores.

The parishioners I spoke with had what they considered bigger things on their mind than dust. Confused and upset by Fr. Martin's instant establishment of order (ministers were relieved of their duties, masses were restructured, a very popular administrator was dismissed), they are unsure if the Pastor's methods will be successful here.

Aware of some dissension, Fr. Martin's outlook for St. Kevin's remains positive. Although he does not fancy Bernal's strong afternoon winds, he "likes what's going on here," and plans to build upon St. Kevin's established community leadership.

He sums up some parishioners' discomfort as a common reaction to change. "People who want things to stay the same should move to farmland," he says, perfectly aware that there are families on Bernal old enough to remember that Bernal used to be just that. "It's a game of finesse in a lot of ways," he says of being the new boss in town. "They're waiting for the other shoe to drop."

But still, some members of the congregation are troubled by what they interpret as "rigidity" and "insensitivity." And they complain that communication has been difficult. "We'll walk with him for a while," says one minister, "but a couple of people are already gone."



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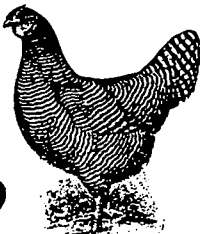
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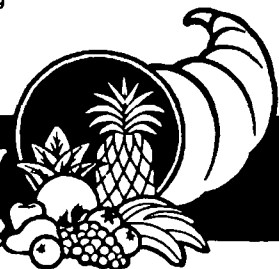
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BHNC Center Director Mauricio Vela and local youth enjoy the thrills of white water rafting. Fifteen Bernal/Outer Mission youth had their first experience white water rafting on American River. The trip was sponsored by the Friends of the River and is part of BHNC's Gang Prevention Program summer outings component.

'Bernal Dwellings'
continued from front page

Clean Out Your Closets, Help a Good Cause

Donations Being Accepted for Senior Rummage Sale

Each year dozens of senior citizens sort, clean and repair over 2,000 pounds of donations from neighbors for their annual Rummage Sale (held in conjunction with the Bernal Heights Hillside Garage Sale) on August 9 from 9:00-5:00 at 515 Cortland Avenue.

Mounds of outgrown children's clothing, forgotten toys, dusty weekend warrior tools, dog-eared good books, crumb-filled toasters, knick knacks galore and strands of beads from near and far are brought in by neighbors who want to get rid of clutter while helping out to support services to seniors in the community.

Last year, the seniors spun straw into gold by converting donations from over 24 families into \$2,000 of sales. Seniors hope to raise \$3,000 from this year's rummage sale to support their nutritional, social and case management programs.

Donations can be dropped off to the Neighborhood Center at 515 Cortland Avenue. For more information, call Bernal Heights Senior Services at 206-2145.

Senior Lunch Program

Seniors 60 years and older are welcomed to enjoy a delicious hot lunch daily for only a \$1.25 suggested donation. Served at 12:00 noon at the Bernal Heights Neighborhood Center, 515 Cortland Avenue. Call 206-2142.

Monday	8/4	Meatloaf
	8/11	Liver
	8/18	Spaghetti
Tuesday	8/5	Turkey & Gravy
	8/12	Chicken Mole
	8/19	Turkey Sandwich
Wednesday	8/6	Chicken Adobo
	8/13	Beef Burgundy
	8/20	Roast Pork
Thursday	8/7	Pot Roast
	8/15	Curry Fish
	8/21	Orange Chicken
Friday	8/8	Breaded Fish
	8/16	Chicken Valenciana
	8/22	Fish Stew

Holly Park Now Providing Summer Supervised Activities

As of July 7, Kelly Roberts was assigned the position of Director at Holly Park. This action was a direct result of a meeting held on May 8 with the Holly Park neighbors and the impact of the Bernal Playground play structure shutdown for renovation during the summer months. For more info., call Kelly at (510)613-7989.

tance - to St. Luke's and General Hospital. That's what was most important with three children under ten. My daughter is going to St. Peter's School, three blocks from Bernal. Next month we'll be two bus rides away, but she'll at least be able to stay at that school.

Malik Rahim, consultant: "I just believe the whole HOPE VI process here in San Francisco is a sham. The residents were basically misguided and used. They were not informed by the Housing Authority that there wasn't enough money to reconstruct Bernal, and there's been no long-term social or economic uplift of the residents who lived there. They were never given the opportunity to develop a stable community. You can never exploit a stable community, only one that's been in chaos.

Do I think there's going to be reconstruction? Yes, but given the new housing laws coming out of Washington, no matter what the Housing Authority says, only about 20% of the former tenants will be able to move back in. Do I think that something positive can come out of it? No, not compared to the destruction and loss. The small percentage of tenants who have benefitted from HOPE VI is nothing compared to those who've been hurt. For example, back in '94 we signed up 90 residents for the construction training program that never materialized. In the floor captain program we signed up 16 people and they were never paid. They were supposed to get \$75 a month and they never received that. With the ex-offenders program, by the time we really got it going, the Housing Authority boarded up the Tenants Association office, leaving all our supplies and equipment inside. We had a similar problem about the Narcotics Anonymous project. We were the first housing development to have this program, but there was no support from the Housing Authority.

I wouldn't want to see anyone move back to Bernal as long as this Housing Authority is involved. Even if Bernal is privately managed and the Authority promised to turn it over to the Resident Management Corporation in 15 years, the Authority will find a way to not make it happen. I believe the only way residents can develop their own is what you've been doing - creating their own development corporation and accessing the funds.

I'm not condemning all Housing Authorities, but this one has always been a cesspool of political patronage, and it'll never change. I thought that when Willie Brown became Mayor there'd be some positive changes. Yes, they've hired a few residents, but so many families have been lost from this city without any hope of economic uplift. HOPE VI (or HOAX VI as I call it) has been a failure. But if Jack Kemp was still there (and he's a Republican!) there'd be a positive difference. The SF Housing Authority has always been a sinking ship."

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 direct line

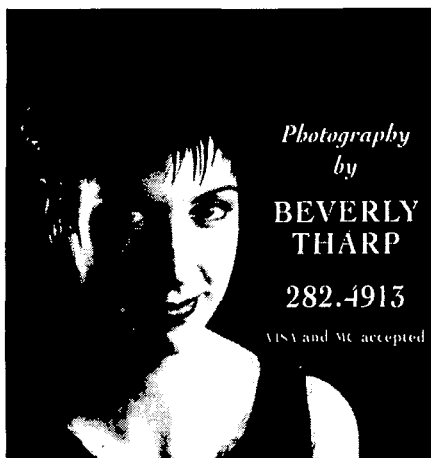
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 voice mail pager

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 675 Portola Drive
 San Francisco, CA 94127

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like YOU!

Fax it to
415/648-0793



Photography
 by
BEVERLY THARP
 282.4913
 VISA and MC accepted

Map for the '97 Bernal Heights Hillwide Garage Sale



Saturday, August 9 • 9:00 - 5:00



East Bernal

47 Costa (Brewster)*
 319 Mullen (Brewster)

North Bernal

170 Ripley (Alabama)%
 200-A Ripley (Alabama)
 92 Norwich (Alabama)
 71, 72, 75 Manchester (Stoneman)

West Bernal

99 Prospect (Esmeralda)
 54 Coleridge (Fair)
 229 Coleridge (Virginia)%

South West Bernal

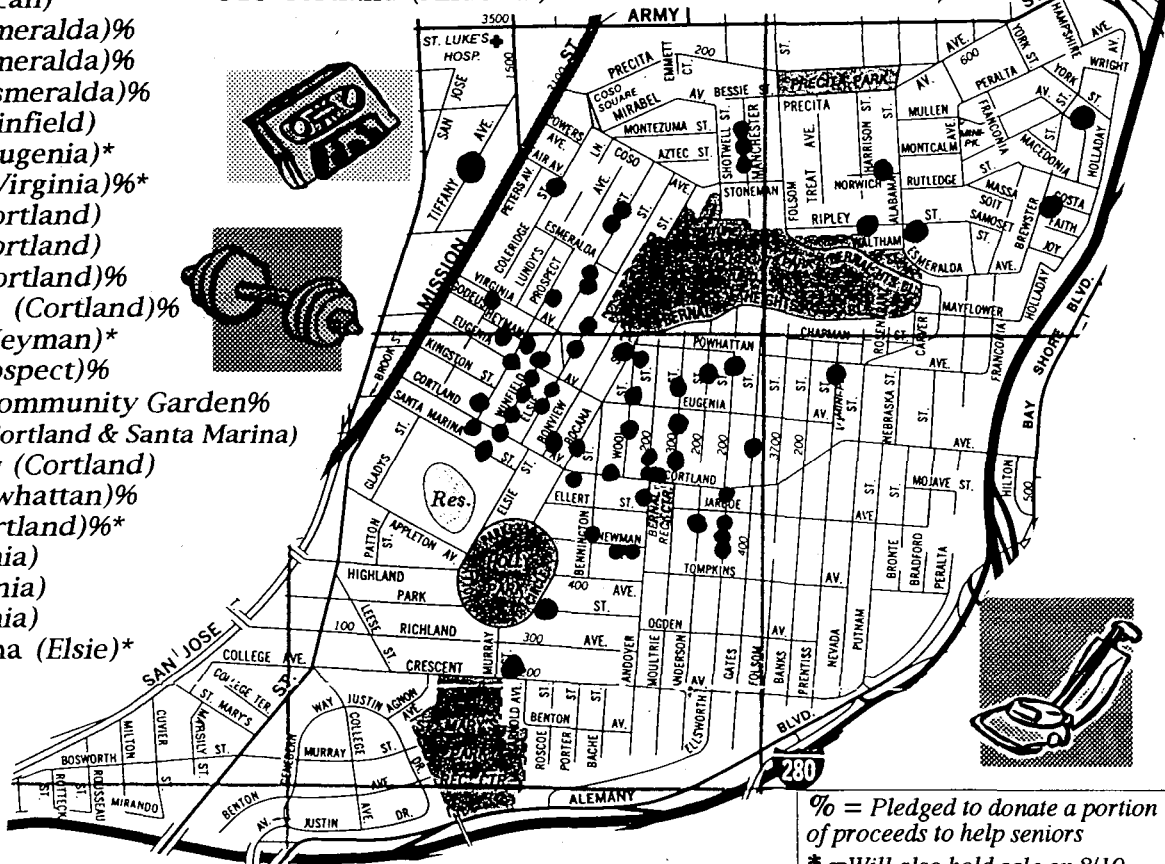
107 Tiffany (Ducan)
 53 Winfield (Esmeralda)%
 57 Winfield (Esmeralda)%
 103 Winfield (Esmeralda)%
 303 Eugenia (Winfield)
 300 Winfield (Eugenia)*
 118 Winfield (Virginia)%*
 340 Winfield (Cortland)
 350 Winfield (Cortland)
 392 Winfield (Cortland)%
 390 Prospect, #3 (Cortland)%
 235 Prospect (Heyman)*
 11 Heyman (Prospect)%
 Good Prospect Community Garden%
 Prospect (Btwn. Cortland & Santa Marina)
 250 1/2 Bonview (Cortland)
 150 Bocana (Powhattan)%
 249 Bocana (Cortland)%*
 146 Elsie (Eugenia)
 155 Elsie (Virginia)
 208 Elsie (Eugenia)
 150 Santa Marina (Elsie)*

South Bernal

319 Park (Holly Park Circle)%
 233 Bennington (Newman)
 130 Newman (Bennington)%
 136 Newman (Andover)
 219 Crescent (Murray)%
 5 Wool (Powhattan)%
 57 Wool (Eugenia)
 86 Wool (Eugenia)%
 Cortland (Btwn. Bocana & Bennington)
 139 Cortland (Winfield)%
 Carter's Lockworks
 409 Cortland (Bennington)%
 Bernal Heights
 Neighborhood Center
 Rummage Sale
 515 Cortland (Andover)%
 513 Cortland (Andover)%

274 Andover (Cortland)
 342 Andover (Cortland)
 285 Moultrie (Eugenia)*
 307 Moultrie (Eugenia)
 321 Moultrie (Cortland)
 149 Anderson (Eugenia)
 415 Anderson (Jarboe)
 112 Ellsworth (Powhattan)
 331 Ellsworth (Jarboe)%
 402 Ellsworth (Jarboe)
 463 Ellsworth (Jarboe)
 440 Ellsworth (Jarboe)
 231 Gates (Cortland)
 136 Prentiss (Powhattan)*

59
Locations!

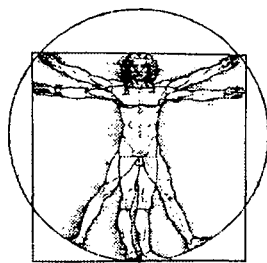


A fundraising event to support services to seniors at the
Bernal Heights Neighborhood Center
 515 Cortland Avenue, San Francisco, 94110

For more info:
 (415) 206-2145

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 excited
 about
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 so
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 about
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- * kid stuff
- * a warm cozy atmosphere

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6:30 a.m. - 9:00 p.m.

weekends 7:30am - 9:00pm

400 Cortland Avenue
 415 282 6233

Progressive Grounds will be donating a portion of all House coffee sales to the Godfather Service Fund, an AIDS-related non-profit organization. P.G. encourages you to join in supporting this worthy cause. Sign a pledge card today, and help build a banner for a better tomorrow.

Featured Artist
 Pali Boucher

A series of photos of HIV-positive people and the special healing relationships they have with their pets.

Fiction & Poetry submissions are currently being accepted for October/November issue. ALL Bernal writers encouraged to submit.
 Deadline: September 12, 1997. Mail to: **New Bernal Journal**,
 515 Cortland, San Francisco, CA, 94110.

Bernal Heights Neighborhood

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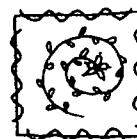
PLUMBING - 355-2415
DESIGN • INSTALLATION • REPAIR • MAINTENANCE

NewSHOPS

Stop in and visit Blumengarten & What Shall I Wear?, two of our newest and friendliest additions to the Cortland Strip.

Blumengarten's proprietor, Tanja Hage, stocks the freshest and most comprehensive array of aromatic living things (flowers) this side of the Berkeley Rose Garden. She'll devote Blumengarten's walls to local artist exhibitions, alternating shows every two months.

Each week you drop by you'll find a new *fleur de la semaine*, something different every week, for your best friend, your landlord or your kitchen table. (Open every day of the week. 399 Cortland Ave.)

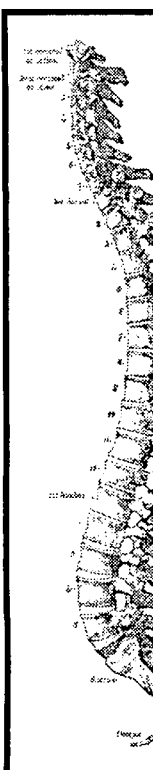


Erin McKinney, at What Shall I Wear, sells better quality second hand clothes on Cortland's West End. Previously a legal assistant, Erin decided she prefers suiting up Bernal's females to filing suits in Superior Court. Her stock changes daily, but the flowers Bernal children helped paint on her storefront will be up for a while. Take a peek at your leisure.

Residents

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Mail or fax your ad to *New Bernal Journal*,
 515 Cortland Avenue, SF, CA 94110; Fax 648-0793.



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JOB OPENINGS

Exercise Leader Needed. More and more seniors are realizing that they can take control of their health by eating better and exercising regularly. Bernal Heights Senior Services would like to help our elders attain this goal by offering a variety of exercise classes that meet the different abilities of our seniors. If you are an experienced exercise leader who has worked with older adults, please consider holding classes at our center. Stipends may be available. Please call 206-2145.

Program Counselor/Job Developer
 (Bernal Heights Neighborhood Center)
 The Ready For Work Program offers vocational counseling, skills building, workshops and mentorship/internship opportunities in order to realistically prepare youths ages 14-18 for the local job market. In addition, the position requires the development of local worksites and placement of youth participating in BHNC employment training programs and neighborhood youth who are not enrolling in the programs. The Program Counselor will work in collaboration with other agencies and program counselors funded through the Mayor's Office of Children, youth and their families to serve youth at risk. Apply to Joy Ferguson, BHNC, 515 Cortland Avenue, San Francisco, CA 94110. Fax: 648-0793.

Bernal Classifieds

SERVICES

Handyman/Carpenter: Repair a door, hang a kitchen cabinet, add a room, build a fence or a deck, remodel a closet or even trim a tree. I am skilled and do good work at a reasonable price. Robert, 550-4055.

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TONY THE TILE MAN Ceramic, service since 1979. Free estimates. 371-5012.

Handyman-Repairs, build household and yard projects. References, reasonable rates. Harry Irving 986-2654.

Midlife Women's Groups are happening in Noe Valley! Meet with women your age (40s - 60s) supporting each other through the struggles, challenges and joys of these years. We are trailblazers and elders in training, redefining what aging means to us. Arlene Dumas, LCSW, 641-4553.

ONE-EYED JACKS
 We buy out or conduct on-premises estate sales. Will also buy single items, ie: period furniture from 1960s back (some newer), and collectibles, oriental rugs, art, jewelry, lamps, tools, garden statuary and pottery, bric-a-brac and more. Call or visit us at 1645 Market St. 621-4390 & 585-1901, Jim.

Looking for a twelve year experienced, reliable housecleaner? Stop your

search! Call KJ now at 415/285-3014. Experience a relaxing and healing **Shiatsu massage.** Shiatsu releases tension and stress through gentle pressure along the energy pathways of the body. No oil used. Client is clothed. Weekend appointments and gift certificates available. Call Betsy Strausberg, C.M.T. at 415/826-1994. Bernal resident over 25 years.

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Single woman on fixed income with darling dog looking for **in-law or cottage.** (w/ references) 756-7849.

VACATIONS

SUMMER TAHOE GETAWAY! Beautiful Tahoe home in prestigious Incline Village. **HIKING, GOLF, TENNIS, SWIMMING, BOATING & BEACHES!** Twenty minutes to South Shore Casinos and shows. Large kitchen, 3 bedrooms, 2 baths, steam/sauna room, living room with fireplace, 2 decks, garage, all appliances and laundry. CALL 282-7955.

SUNNY MEXICO! Five Star beautiful Terrao Condos Beach Resort, Cabo San Lucas. Step from deck to sand! 2BD, 2B, kitchen, jacuzzi, pools, lovers' beach, great fishing, diving. 282-7955.



Hungarians Invade Bernal

by Joe Kish

A few short weeks ago the hilltop erupted, blanketing our neighborhoods in a thick coat of rumbling and rhythm. Most of you probably slept through the cacophonous maelstrom (so this near-miss will be news to you), while many insomniacs hid away safely in their basements. The phones at *New Bernal Journal* and the US Geological Survey have not stopped ringing. You've demanded a reasonable explanation for this aural-phenomenon, and you've yet to receive one. I understand your concern for your homes, your cars parked outdoors, your pets and your kids. (I don't have any of these things, but I'm genetically inclined to hyper-empathize.) And I like to feel safe just like everybody else. You **do** have a right to know.

The truth is the following: Bernal Heights was invaded by Hungarians during the night of July 13, 1997. And I feel a journalistic responsibility to point out the traitorous fact that I saw *many* of you "neighbors" there at the Hungarian Sausage Factory on Cortland (apparently Invasion Party Headquarters), collaborating with the Magyars, slapping your feet defiantly with your palms, as you symbolically hobbled on just one shoe.

I have heard the Huns are now laying low, trenching-in below the treeline on the North Slope. I've heard rumors they will

strike again... Perhaps next time we will be better prepared.

Please note the following Hungarian Invasion Defense Techniques below, so that we may reclaim our fine hill and make it free of such mutinous nuisance:

1. **Wear Paprika Eyeshadow:** Hungarian soldiers historically have always run from their wives in the dark. Close your paprika-sprinkled eyelids before an invader. When you open them, the rogue will have fled. Hopefully for good!

2. **Spill warm Goulash on his boots.** These crafty soldiers keep their boots polished to a mirror sheen. It enables them to scan the sky for enemy aircraft while scavenging the ground for turnips. When their boots are soiled, their defenses are down, and they will instinctually return to camp for a shine. Follow them there and you'll acquire the decisive upper hand.

3. Taunt them with the "**Tony Curtis is a Hungarian**" business. It's true, and they know it. When they begin to weep, complete #s 1 or 2 above, then watch what happens.

Practice these maneuvers at home. Master them. Then check the calendar section of this issue for schedulable encounters.

"When it comes to protecting your neighborhood from enemy invaders, it's always best to taste their sausage first."
- Mikhya Velli.

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- Sauna
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ALL THE ABOVE FOR ONLY

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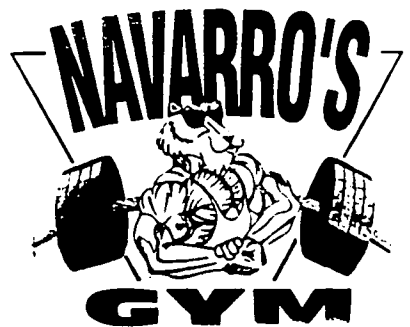
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* Initiation fee of \$25 waived w/ use of this ad by 9/30/97.



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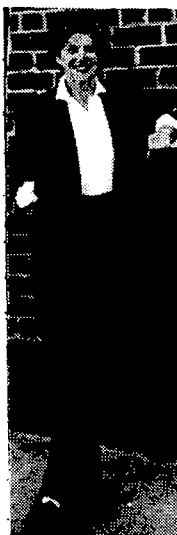
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child whom she
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home in L'zieu.

HELP IN LOCATING SURVIVORS OF THE HOLOCAUST.

Since 1982, the Holocaust Oral History Project has documented the stories of more than 1,700 survivors of the Holocaust. Each of these stories represents a well-spring of information, an historical relevance priceless not only to our own generation, but for countless generations to follow. Each of these stories represents a single human life, saved from an attempt to systematically destruct prolific and valuable cultures. Each of these stories may have remained untold were it not for the efforts of the Holocaust Oral History Project. Yet there are many survivors from whom we have not yet heard.

Imagine that Primo Levi had remained silent. That Bruno Bettelheim had escaped into anonymity. Imagine that Elie Weisel had never written a word. Imagine Chagal lost to the world.

An irreversible silence is falling upon the living survivors of the Holocaust. These men, women and children have grown old. Many are losing their ability to recall. Those who remain and have not yet shared their experiences are increasingly difficult to locate. Once located

and approached, our trained volunteer interviewers videotape their first person accounts of an era in history the world has vowed never to forget, so as never to repeat. It is not too late. But we are running out of time.

HOHP depends upon the contributions of individuals to continue our search for Holocaust survivors and to document their accounts. Locating survivors and documentation in the form of videotape and transcription - these are our expensive ambitions...and to tell the story of this face.

- ☐ I am a holocaust survivor and would like to tell my story.
- ☐ I have information regarding the whereabouts of Holocaust survivors.
- ☐ I have other information which may be useful to your organization.
- ☐ I have no information but would like to make the following contribution: \$_____.

Name _____
Address _____
Telephone _____

Please make checks payable to Holocaust Oral History Project
P.O. Box 1597, Burlingame, CA 94011-1597 Tel. 415/882-7092 Fax 415/882-7095

■ Noe Valley * Bernal Heights * Btrero Hill * Misson * Marina * Sunset * Nob Hill * South of Market * Castro ■

Russian Hill * Richmond * North Beach * Pacific Heights * Haight * Diamond Heights * Telegraph Hill * Glen Park * Excelsior * Noe Valley * Bernal Heights * Btrero Hill * Misson * Marina

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DOGS... AND CATS, TOO

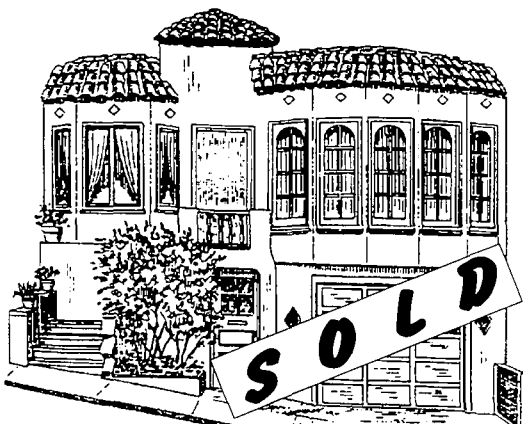


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12 years experience

X-rays seldom needed

Low force techniques

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Free phone consultation

Bernal Calendar

SENIOR ACTIVITY HIGHLIGHTS

FOR AUGUST

AT THE NEIGHBORHOOD CENTER

Early Birds Exercise

9:30 a.m. Mondays, Wednesdays & Fridays - Lively music and pace for active seniors.

Chair Exercises

11:00 - 11:45 am, Mondays & Fridays
Easy, seated exercises & stretching

Walking Group

Tuesdays, 10:30 am & Thursdays
12:45 pm - Simple strolling along Cortland Ave.

Van Shopping*

Thursdays, 1:00 - 3:00 pm

8/14 Safeway

8/21 Stonestown

8/28 Canned Foods Outlet

*For seniors who have difficulty taking the bus

Discussion Group

Wednesdays, 10:30-11:30 am

Participate in lively discussion about various aging issues and current events.

Podiatrist Visit

Thursday, 8/28, 9:30 am - 12:00 pm

Professional podiatry care for an affordable fee or Medicare payment.

Legal Consultation

Wednesday, 8/13, 10:00 am - 12:00 pm

Free legal advice and referral from La Raza Central Legal

Tenants' Rights Presentation

Thursday, 8/7, 10:30 am

Learn about your rights and find out about resources that can help.

Consumer Education

Fridays, 9:30 am - 12:00 pm

Beginning 8/22, this tuition free City College course is housed at the Neighborhood Center. Learn how to choose foods and products that will help you to maintain good health. Handouts, videos and exercise.

ACTIVITIES ARE HELD IN THE BERNAL HEIGHTS NEIGHBORHOOD CENTER, 515 CORTLAND AVENUE.

CALL 206-2142 FOR A COMPLETE SCHEDULE OR MORE INFORMATION.

AUGUST/SEPTEMBER EVENTS

AT THE LIBRARY

500 CORTLAND AVENUE

Tuesday evening Homework Help resumes in the Fall!

Wednesday Evenings:

Spanish Conversational Group

7:30 (All levels)

Scrabble Society 7:30 P.M. (Adults)

Family Night 7:30 (Children and the folks who love them...)

Thursday Morning:

Preschool Storytime 10:30 A.M.

Wednesday, August 27:

7:30 P.M. T-shirt party to celebrate the end of summer.

September:

Same events except that Homework Help will be available on Tuesday evenings.

HUNGARIAN SAUSAGE FACTORY

419 CORTLAND AVENUE

Tuesdays:

Jazz

6:30-9:30 pm

Wednesdays:

Gypsy Violin

6:30-9:30 pm

Thursdays:

Piano Jazz

6:30-9:30 pm

Fridays:

Accordionist

6:30-9:30 pm

Saturdays:

Flamenco Guitar

6:30-9:30 pm

Sundays:

European Folk

6:30-9:30 pm

OUTDOOR MARKETS

FARMERS' MARKET

Saturdays, dawn to dusk

100 Alemany

Enjoy California's oldest and largest outdoor Farmer's Market. Colorful displays of farm fresh fruits, vegetables, oils, nuts, plants, honey and more. Call 643-9243.

FLEA MARKET

Sundays, 8:00 am - 3:00 pm

100 Alemany

An ever-changing array of trash and treasures can be found and haggled for at this open air market. Admission is free. Call 643-9243.

HILLWIDE GARAGE SALE

Saturday, August 9

9:00 am - 5:00 pm

Everything you want...and at a price you'll like. (see map page 5)

SUPPORT GROUPS

Narcotics Anonymous

Mondays & Wednesdays

7:30 - 9:00 pm

Alcoholics Anonymous

Saturdays

4:00 - 6:00 pm

Adult Children of Alcoholics

Sundays

9:45 am - 12 pm

MEETINGS HELD AT THE BERNAL HEIGHTS NEIGHBORHOOD CENTER, 515 CORTLAND AVENUE.

GARDEN CLUB

September 13 - Short meeting and walking tour of several South Bernal gardens. Call 826-0236 for more info.

ARTS/KIDS

SOAP BOX CARS: Build your own 1/2 scale soap box car in a week-long class at Will Power Motors Art Studio - where the cars in the movie Bernaltown were built! Classes run Monday through Friday, August 11 - 15, and

More Calendar

August 18 - 22 from 1 pm - 4 pm and will be taught by Gregory Gavin plus an additional special guest artist. The class is designed for ages 9 and up. Adults are also welcome as collaborators with youth or by themselves. The cost is \$95 (some partial scholarships are available). Applications can be found at the Bernal Heights Neighborhood Center, the Bernal Library or the Heartfelt gift shop. The studio is located at 2760 San Bruno Avenue in San Francisco's Portola District, 1/2 mile south of Bernal Heights. Call 656-0119 for more information.

AT ST. KEVIN'S

Bingo Nights,
Wednesdays, 6:00 pm. Old Hall

DINNER AND A MOVIE

There will be a benefit dinner and screening of *Bernaltown* at Cafe Abo (3369 Mission St. - across from Safeway) on August 15 and 16. For more information call Gregory Gavin at WPA 656-0199, or Whitney Gant at Cafe Abo 821-6275.

DANCE

Escuela Nova offers Dance and percussion classes taught by Josephine Morada and Rudy Ortiz Thursdays, 7 - 9 pm at the Bernal Heights Neighborhood Center. Class fee is \$8. 18 years old and younger are free. Please bring your own percussion instrument. For information call 415/661-4798.

Neighborhood groups, arts organizations, merchants, schools, churches and non-profits are encouraged to submit their special events listings that are of interest to the Bernal Heights community. Editor reserves the right to refuse, review or edit submissions based on space available and relevancy. Please mail or fax your listings to NBJ by September 25th for inclusion in the October/November issue.

NBJ
515 Cortland Avenue, SF, CA,
94110
Fax 415/648-0793

POEM

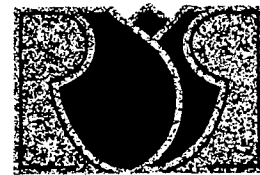
by Jaye Dub

As you play possum

to the north
the city and its noise barely reaching
beyond a few blocks at the base
from the sides to the right behind
and just there, north, the sky fills and
empties, a cover better known to
a larger coupling than just you and I.
we are the hill, its king and queen,
it's murmured the word home and
imagines never again to move off.

So here we plant ourselves like foliage,
while up there we walk upside down,
slowly, like aging willows, and
see ourselves asleep along the slope.
Do we think to reach

Planting
Irrigation
Carpentry
Stonework



Design
Installation
Maintenance
Consultation

ROCK AND ROSE LANDSCAPING

DREAM A LITTLE DREAM...

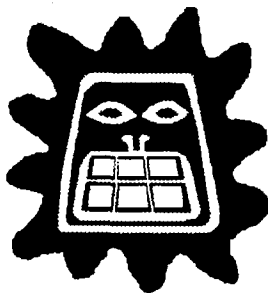
- romantic garden
- kitchen garden
- fragrant garden
- woodland garden
- child's garden
- secluded garden

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DON'T LET YOUR GLASS GO TO WASTE

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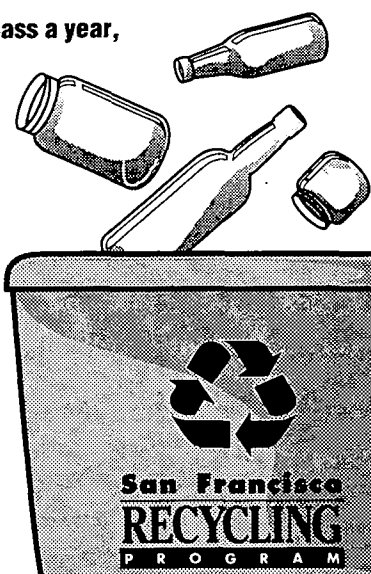
Remember:

- Glass can be recycled indefinitely - the glass container you used this morning could contain glass made during the Gold Rush
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- All glass jars and bottles can be recycled in the curbside and apartment recycling program
- Glass is recycled locally - creating local jobs

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Web Site - www.sfrecycle.org



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Friday & Saturday 7:00 am - 10:00 pm
Sunday 8:00 am - 9:00 pm

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Delmonte Cream Corn or Whole Kernel 49¢	Mediros Farms 18-pack Large Eggs \$1.59	Berkeley Farms Milk Homo or Vita \$2.49	Tropicana Twister Juice Beverages Orange with Cranberry or Strawberry Banana or Strawberry Guava 32 oz. \$1.99	Pillsbury Cake Mix Moist Supreme German Chocolate or White 18.5 oz. \$1.29	Welch's Jam or Jelly Grape, 32 oz \$1.89
Fancy Feast Cat Food Beef, Liver & Chicken (3 oz.) 3/\$1	Lindsay Olives Large, Pitted 6 oz. 99¢	Kraft BBQ Sauce Mesquite or Plain \$2.99	Orchids Corn Spears or Coconut Milk 15 oz. 89¢	Perfection Spaghetti or Vermicelli 1 # pkg. 69¢	Western Family Charcoal Briquets 10# bag \$2.99
Maria Cookies Gamesa 5.5 oz 3/\$1	Delmonte Tomato Sauce 8 oz. 4/1\$	Lancer's Apple Juice 64 oz. \$1.99	Lancer's Juice Cranberry, Raspberry, Grape, 128 oz. \$1.99	Western Family Soda 2 Liters 99¢	Beechnut Baby Food Stages 1 & 2 4 oz. 3/\$1

Fruits & Vegetables

Honeydew 89¢ each	Cantaloupe 69¢ each	Lettuce 69¢ each
Avocados 79¢ each	Bell Peppers 98¢/lb	Water- melon 19¢/lb

LIQUORS

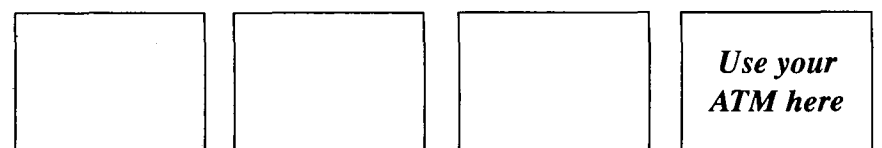
Canadian Club	750ml	\$10.98
Kahlua Liqueur	750ml	\$14.99
Raynal Brandy	Liter	\$12.98
Gordon Vodka	Liter	\$8.99
Presidente Brandy	Liter	\$11.99
Beef Eater Gin	750ml	\$15.99

BEER

Budweiser (12-pack cans)	\$6.99
Brewing Bar Room (Blonde 6-pk, 12 oz. botls.)	\$2.99
High Falls India Pale (6-pk, 12 oz. botls.)	\$5.99
J.W. Dundee's Honey Brn. (6-pk, 12 oz. botls.)	\$5.99
Humpback Beer (6-pk, 12 oz. botls.)	\$4.99

WINE

Glenn Ellen Wine	750ml	\$4.99
White or Red	1.5 liter	\$8.99

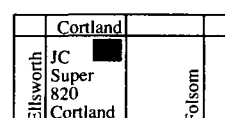


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